

HOW MUCH SLEEP DOES YOUR CHILD GET?

Because of increased homework loads and television, many kids aren't getting enough sleep. Elementary kids should get 10-11 hours per night. Without it, they can act out, have trouble focusing in school, and have added stress. Sleep is as important as a nutritious



diet and exercise. To help kids get enough sleep, try the following:

- Pick a time for your child to be in bed every night, and try to stay within 15 minutes of that time.
- Eliminate TV for at least half an hour before bedtime.
- Give kids a warning ten minutes before that it's almost bedtime.
- For older children, allow a period of reading in bed before "lights out".

- For younger children, have a bedtime routine that includes a warm bath followed by a story and a song.
- Give babies and toddlers a stuffed animal or small blanket that they associate with going to bed.
- Avoid any foods or drinks with sugar after dinnertime-sugar is a stimulant.

ONE MORE REASON TO CUT BACK ON TV...

How much time children spend watching TV is a better

predictor of obesity than what they eat or how much physical activity they get. Reducing the amount of time children spend in front of the TV might be a good way to reduce their risk of obesity. Television also can promote poor eating habits because of commercials for junk food.

Source: New York Times, Sept 2005; International Study of Obesity

Contact Numbers:

Waukesha H & HS
262-548-7212

Eve Altizer Children's Mental Health Outreach
262-548-7310

Crisis Mentoring Pager
414-848-6711

Medical Emergency: 911
Family Emergency: 211

Judy David
Support Group President
414-671-3747
(home) 414-462-8446

Lisa Alden, Supervisor
262-548-7271

Shari Rather,
Foster Care Coordinator
262-548-7267

Valerie Wozniak
Visitation Coordinator
262-896-6849

April '06 Placements

Regular Foster Care:
70 Children
3 Admitted
3 Discharged

Treatment Foster Care:
30 Children
1 Admitted
3 Discharged

Group Homes:
4 Children
0 Admitted
1 Discharged

Residential Care Facilities:
13 Children
0 Admitted
0 Discharged

Relative Placements:
51 Children
2 Admitted
1 Discharged

Social Workers:

Bob Alioto
262-548-7262

Peggy Beisser
262-548-7261

Kathe Blum
262-548-7275

Barb Hufschmidt
262-548-7270

Margaret Johnson
262-548-7265

Suzanne Koberstein
262-548-7348

Elizabeth Russo
262-548-7349

Kim Sampson
262-548-7273

Linda Senger
262-548-7698

Marilyn Videgar
262-548-7363

Ted Wuerslin
262-548-7269

Jennifer Wygle
262-548-7260

We Need You!

For more information about becoming a foster parent in Waukesha County, please contact Shari Rather at:

srather@waukeshacounty.gov
262-548-7267

or visit our website at www.waukeshacounty.gov and follow the links to foster care.



Waukesha County
Health & Human Services

June 2006

Foster Care Forum

Family Resource Center Events for June 2006

All listed events are held at Adoption Resources of Wisconsin, 6682 W. Greenfield Avenue, Suite 310, unless otherwise noted. These classes can be used to meet foster parent training requirements.

CONTACT: Jenna Czaplewski
414-475-1246
If you are interested in attending any of the opportunities listed.

Adult Adoptee Support Group
Wednesday, June 7, 2006
6:30 – 8 p.m.
This is a FREE event
Information, support and resources for adult adoptees.
For more information, call 414-475-1246

Wendy's Wonderful Kids: Adopting a Child Through Foster Care
Tuesday, June 13, 2006
6 – 9 p.m.
This is a FREE event
This workshop is specifically designed for families interested in adopting school aged children through foster care.
For more information or to register, call 414-475-1246

Attachment in Foster Care and Adoption
Wednesday, June 14, 2006
6:30 – 8 p.m.
This is a FREE event
An overview of attachment in children who are currently in or have spent time in foster care. A template for parenting children with insecure attachment will be shared and discussed.
For more information or to register, call 414-475-1246

Father/Daughter Dance
Saturday, June 17, 2006
6-8 p.m.
Celebrate the special relationship fathers (male adults) have with their daughters by coming to dinner and dancing. For adoptive and foster families.
Fathers can call Chamberlain's Flowers and Gifts at 414-453-1525 to get a wrist corsage and boutonniere for a discounted price.
To register, call 414-475-1246
\$20 per pair and \$8 for each additional attendee

Adopted Teens & Tweens Unite!
Tuesday, June 20, 2006
6:30 – 8 p.m.
Pre-registration is desired
This is a FREE event
This group gives young adoptees the opportunity to talk about adoption issues with one another – as well as have plenty of fun with other adopted kids!
For more information, call Leah Elston at 414-475-1246

Infant Massage
Tuesday, June 20, 2006
6:30 – 8 p.m.
\$5 per family
An interactive session with Meredith Weir, MSW, CIMI. Meredith has taught infant massage for 12 years. Bring along your babies up to the "crawling well" stage.
Call Adoption Resources of Wisconsin at 414-475-1246

Love & Logic Overview
Wednesday, June 21, 2006
6:30 – 8 p.m.
Pre-registration is desired
This is a FREE event.
An overview of one of our most popular training series – Love & Logic. The basic ideas and strategies behind Love & Logic will be shared and discussed.
St. John's Lutheran Church
2881 Division Road, Jackson
Call Adoption Resources of Wisconsin at 414-475-1246

Act Up!: Children's Summer Theater
Wednesdays, June 21 – July 26, 2006
7-9 year olds: 8:30 a.m. – 10:20 a.m.
10-13 year olds: 10:15 a.m. – 12:15 p.m.
\$50 for first child and \$40 for each additional child
Instructors will work with your child, teaching him or her not only the skills needed to perform, but also valuable social skills.
Wisconsin Lutheran College
Fine Arts Building,
8800 W. Bluemound Road, Wauwatosa
Call Adoption Resources of Wisconsin at 414-475-1246 to register

Great Families Support Group
Saturday, June 24, 2006
10 a.m. – Noon
This is a FREE event
A support group for parents of special needs children.
For more information, call Paula Plasky at 414-475-1246



Foster Care Forum

Waukesha Health & Human Services
500 Riverview Ave. Waukesha 53188
262-548-7212

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June 2006...

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Would you like to receive this newsletter via e-mail instead of mail? Please e-mail: srather@waukeshacounty.gov to complete this request. You can also find it online at www.waukeshacounty.gov.

Place
Stamp
Here

Jesse's Corner



Jesus Mireles - Manager of the Children and Family Division

I attended our monthly Family Partnership Initiative (FPI) meeting the other day and wanted to share a letter that was read to us. For those of you who don't know, this program is provided by Lutheran Social Services (LSS) in partnership with 15 surrounding counties. The director of one of the agencies sent this letter to his foster parents and thought that we might find it helpful. As I reviewed it, it reminded me that as highly as we think of our foster parents as "super human", in reality none of us is immune from stress and need for support. Therefore, I decided to publish it, with some changes to make it applicable to us! Part of the letter reads as follows:

With the recent tragic events surrounding two young children in foster care it brings the issue of "what can I do when I'm frustrated with the demands of caring for children" to the front. We're very fortunate to have kind, loving and caring foster parents in our County system but we all know that raising children can at times prove quite stressful. I want to make sure that you know where to turn should you find the demands of daily care closing in around you. What can you do should you find yourself approaching a breaking point, how can you handle that before it escalates any further?

The answers to the questions above can be many and varied depending on the natural support systems each foster family enjoys. There are also numerous Department options available to each and every foster parent, options such as:

- Call your social worker for assistance at anytime you feel the need for support/assistance or just an ear to listen to the stresses of caring for those in your home. That skilled/professionally-trained staff can be your best resource in most any situation you face.
- If your social worker is unavailable they normally have someone "on-call". If that's the situation, please call our main number: (262) 548-7212 and ask to speak to the on-call social worker in the Children and Family Division. They should be able to answer your questions and concerns and follow up as needed.

- Get in touch with Shari Rather, our foster care coordinator at (262) 548-7267. Most, if not all of you, are aware of Shari since she licensed your home and provided the PACE training. Shari is quite knowledgeable and if she doesn't have the answer to what's challenging you she can certainly link you to someone who does.

- Lisa Alden, Permanency Unit Supervisor at (262) 548-7271 is always available to you and, like your social worker and Shari; her wealth of knowledge can be a great resource.
- In addition to Lisa, there are three other supervisors in my division with many years of experience. Don Daniels, the Alternate Care supervisor (Don used to supervise the foster care program) can be reached at (262) 548-7704. Jennine Hensleigh, (262) 548-7278 and Carrie Viola, (262) 548-7272, supervise our in-home child protective services units. All three of the supervisors have many years of experience and are aware of many services that can be immediately provided. In the absence of your social worker, Shari or Lisa, please feel free to contact one of them. They will follow up with your request and answer your questions. In addition, the supervisors in my division have a Friday On-call schedule. One of them will be here and/or available by cell phone to answer your concerns.

- Some of you may be aware of the Foster Care and Adoption Resource Center. They have valuable information and could refer you to resources in our community that may be helpful. They can be reached by calling 1-800-947-08074 or check out there website at: www.wifostercareandadoption.org.

- You can call our local 211, any time of day including after hours, and they can direct you to the appropriate services.

- If you're overwhelmed and need immediate respite care you can contact the Family Support Project at 262-547-4600. Waukesha County has a contract with them to provide emergency respite to prevent child abuse and neglect. They can approve and identify a respite care resource for you within a reasonable amount of time.

- And don't hesitate to contact mewhile I may not be familiar with your particular circumstance I certainly will do all in my power to make sure you get the support necessary to deal with the days situation. I can be reached at (262) 548-7684.

We know so many of you have an extensive family and friendship network that helps you do your fine work daily and I want you to know that you have an extensive County support system available to you also at any time. Raising children is often challenging and can prove stressful on a moment's notice...know that there are many who stand ready to assist you in those moments and they are only a telephone call away. Keep up the fine work you do, the children depend on it, we all depend on it.

I would like to thank Dave and Terry for sharing their letter and giving me an opportunity to share it with you!

Celebrating National Foster Care Month



County Executive, Danial P. Vrakas, members of the WHHS staff, and many local foster parents celebrate May as National Foster Care Month. Picture taken May 1, 2006, at WHHS.

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ANGER MANAGEMENT GROUP FOR CHILDREN

In this therapy group children will learn and practice techniques for reducing the frequency and intensity of their anger and:

- Learn ways to handle frustration
- Solve problems
- Cope with stress
- Communicate and express themselves appropriately

This therapy group meets for 10 weekly sessions with a maximum of 3 to 6 children in the group.

Next group dates:
Children 7 – 11 years old
Dates/times to be determined

Group therapist is Bob Porter, LCSW. Initial assessment by therapist required.
For more information, call (262) 928-2396

SOCIAL SKILLS GROUP FOR CHILDREN

This therapy group is designed to teach children the skills necessary to make and keep friends, including how to:

- Introduce themselves to others
- Start conversations and keep them going
- Initiate and join in activities
- Share, compromise and problem solve
- Manage and express feelings, including anger, appropriately
- Recognize and respond to other peoples' feelings
- Deal effectively with teasing, name-calling and bullying

This therapy group meets for 8 weekly sessions with a maximum of 6 children in the group.

Next group dates:
Children 7 – 11 years old
Mondays, 6:00 – 7:00 p.m.
June 5 – August 21, 2006
No group on July 3rd

Group therapist is Bob Porter, LCSW. Initial assessment by therapist required.
For more information, call (262) 928-2396.